

# **POLICY BULLETIN CHILD NUTRITION PROGRAMS**

**NSLP 03-08**

**January 17, 2008**

**SUBJECT: Incorporating the 2005 Dietary Guidelines for  
Americans (DGA) into School Meals**

**CONTACT: Dana Adams**

**PH: (801) 538-7683**

On December 17, 2007, the USDA issued guidance regarding the incorporation of the applicable recommendations of the 2005 DGAs into the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

Following the release of the 2005 DGAs, USDA assembled an internal working group of experienced nutritionists and program administrators to examine ways to implement the 2005 DGAs into the school meals programs in preparation for beginning the rulemaking process. Given the complexity of issues uncovered during this process, USDA decided to contract with the Institute of Medicine (IOM) to convene a panel of experts from diverse specialties in child nutrition. This expert panel will provide USDA with recommendations to update the meal patterns and nutrition requirements for both the NSLP and the SBP. USDA estimates that it may take IOM from 18 to 24 months to provide the Department with these recommendations, after a cooperative agreement is signed. USDA will then engage in the formal rulemaking process to promulgate a proposed rule that incorporates the IOM recommendations to the fullest extent practicable.

While awaiting publication of the final rule, State Agencies (SAs) should encourage School Food Authorities (SFAs) to begin proactively implementing the following applicable recommendations of the 2005 DGAs:

1. Increasing whole grains to “progress toward the goal of making half of all grains offered and served, whole grains.”
2. Increasing the availability and service of both fruits and vegetables.
3. Offering only low-fat and fat-free milk/milk products for children over two.
4. Reducing sodium incrementally, with a long-term, step-wise plan for meeting the DGAs recommendations (< 2,300 mg of sodium per day).
5. Increasing fiber consumption to meet 2005 DGAs recommendation of “14 grams per 1,000 calories consumed.”
6. Controlling Cholesterol by providing meals that, on average over a school week, provide less than 100mg of cholesterol at lunch and less than 75mg of cholesterol at breakfast for all age/grade groups.
7. Minimizing trans fats, keeping their consumption as “low as possible.”